

Aquatics Program Schedule

| Activity | Time | Day |
|-------------------------------|-------------------|----------------|
| <u>Youth Swim Lessons</u> | 10:00am – 3:00pm | Mon.-Thurs. |
| | 10:00am – 10:45am | Saturday |
| | 11:00am – 11:45am | Saturday |
| | 5:00pm – 5:45pm | Mon.- Thurs. |
| | 6:00pm – 6:45pm | Mon. – Thurs. |
| <u>Toddler Swim Lessons</u> | 9:30am – 10:30am | Saturday |
| <u>Adult Swim Lessons</u> | 10:00am - 10:45am | Mon. – Thurs. |
| | 10:00am – 10:45am | Saturday |
| | 11:00am – 11:45am | Saturday |
| | 5:00pm – 5:45pm | Mon. – Thurs. |
| | 6:00pm – 6:45pm | Mon. – Thurs. |
| <u>Recreational Swim</u> | 3:00pm – 4:30pm | Mon. – Thurs. |
| | 3:00pm – 5:00pm | Friday |
| | 1:00pm – 5:00pm | Saturday |
| | 1:00pm – 5:00pm | Sunday |
| <u>Water Aerobics</u> | 7:00am – 7:45am | Mon./Wed./Fri. |
| | 6:00pm – 6:40pm | Tues./Thurs. |
| <u>Senior Aqua-Aerobics</u> | 9:00am – 9:45am | Mon./Wed./Fri. |
| | 12:00pm – 1:00pm | Tues./Thurs. |
| <u>Stretch and Flex Class</u> | 7:00am – 7:45am | Tues./Thurs. |
| | 6:00pm – 6:45pm | Mon./Wed./Fri. |
| <u>Lap Swim</u> | 6:30am – 9:00pm | Mon. – Fri. |

**Times and classes may vary depending on the facility.